

# ***SM South Relays***

**Date:** March 31, 2012

**Teams:** SM East, SM West, SM Northwest, SM North, SM South, St. Thomas Aquinas, Rockhurst (boys), Notre Dame de Sion (girls), Gardner-Edgerton, Blue Valley, Lawrence-Free State

**Entry fee:** \$70 per team (\$140 for boys and girls team)

**Awards:** Medals will be awarded to the top three individuals and relay teams in each event. Team scoring will be done using the top 6 places (10-8-6-4-2-1).

**Entries:** All entries are to be done online using the following link: (opens 3/20/12)  
<http://www.aspimeetz.com/15684>

- Entries must be submitted and declared by **Friday March 30<sup>th</sup> @ 7:00 am**
- Each school may enter 3 individuals or 1 relay in each event
- Any individual running event substitutions must be made by 8:30 am day of the meet at the timing tent near the finish line
  - scratches only for the running events AFTER the meet begins**
- All changes for field events may be made at the event site prior to the event beginning, including substitutions

**Starter:** Brad Clark

**Asst. Starter:** Carl Owczarzak

## **Various Info:**

1. We will be using FAT in the running events using FinishLynx.
2. 8 will qualify to finals in the 100m, 200m, 100m H, & 110m H prelims. Advancement criteria will be the winner of each heat + the next \_\_\_\_ fastest times to fill 8 lanes.
3. The 400m dash & 300 m Hurdles will be seeded by submitted times with the fastest heat running last.
4. All competitors will have 3 preliminary jumps or throws in the field events (except HJ & PV) with 8 competitors advancing to Finals (3 attempts)
5. Shot Put & Discus rings are concrete. The Javelin approach is grass.
6. A concession stand will be available under the East Stadium
7. Restrooms will be available under the East Stadium
8. The SM South school facility will not be open to teams, please remind your teams to stay out of the locker rooms and school.
9. 100/110 Hurdle Heights: Boys = 39"                      Girls = 33"
10. 4x100 Hog Relay for boys and girls. Medals will be award to the top 3 boys relays and the top 3 girls relays. Both genders may race in the same heat if the number of entries allow. Throwers on this team only.
11. Results will be available after the meet. A copy will be e-mailed to each coach. Results will also be available at [www.smstrack.org](http://www.smstrack.org).

For any additional information or assistance, please contact:  
**J.J. Wannamaker – SM South Head Track & Field Coach**  
[sowannam@smsd.org](mailto:sowannam@smsd.org)



# ***SM South Relays Schedule***

9:00	Girls	4x1600 Relay	
9:00	Boys	4x1600 Relay	
9:30	Girls	100 Meter Hurdle Prelims	
9:45	Boys	110 Meter Hurdle Prelims	
10:00	Girls	100 Meter Preliminaries	
10:10	Boys	100 Meter Preliminaries	
10:20	Girls	200 Meter Preliminaries	
10:35	Boys	200 Meter Preliminaries	
11:00	Girls	4x800 Meter Relay	
11:15	Boys	4x800 Meter Relay	
11:30	Girls	100 Meter Hurdle Final	
11:40	Boys	110 Meter Hurdle Final	
11:50	Girls	100 Meter Finals	
11:55	Boys	100 Meter Finals	
12:20	Girls	1600 Meter Run	
12:30	Boys	1600 Meter Run	
12:40	Girls	4x100 Meter Relay	
12:50	Boys	4x100 Meter Relay	
1:00	Girls	400 Meter Run	
1:10	Boys	400 Meter Run	
1:20	Girls	300 Meter Hurdles	
1:35	Boys	300 Meter Hurdles	
1:50	Girls	800 Meter Run	
2:00	Boys	800 Meter Run	
2:10	Girls	200 Meter Final	
2:15	Boys	200 Meter Final	
2:20	Girls	3200 Meter Run	
2:40	Boys	3200 Meter Run	
2:55	Girls	4x100 HOG Relay	
3:00	Boys	4x100 HOG Relay	
3:05	Girls	4x400 Meter Relay	
3:15	Boys	4x400 Meter Relay	

Will start @ 11:00 am!

## **Field Events -**

9:00 followed by

Boys	Shot Put	Girls Shot Put	
Boys	Pole Vault	Girls Pole Vault	
Boys	Javelin	Girls Javelin	
Boys	Long Jump	Boys Triple Jump	
Girls	Long Jump	Girls Triple Jump	
Girls	Discus	Boys Discus	
Girls	High Jump	Boys High Jump	

